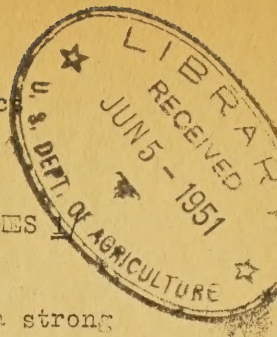


United States Department of Agriculture
Extension Service, Division of Agricultural Economics
Washington 25, D. C.



HEALTH EDUCATION FOR HOME DEMONSTRATION WORK DURING THESE TIMES

"A strong, healthy, working population is as essential as a strong fighting force." 2/

A recent survey of the Bureau of Agricultural Economics indicated that in 1948 farm operators themselves lost 80,000,000 man-days on account of illness, and 17,000,000 man-days on account of accidents. These amounts of losses we cannot afford in any year, and particularly not during these times.

Problems Faced. Rural families today are facing several problems and factors with respect to human health. The most important of these are:

1. Longer hours of work, and more work by women and children. These mean greater fatigue, less community life, higher probability of illness and neglect of treatment.
2. Greater danger of accidents due to rush work and to less experienced help.
3. Difficulty in maintaining healthful diets during times when adjustments are being made to higher prices and other food situations.
4. Mental tensions and stresses arising from anxiety about members of the family in the armed services, disturbances to meeting family goals, and worry about uncertainties of farming operations and jobs.
5. Difficulty of medical care, occasioned by less availability of doctors, hospital space, higher costs, reduction of public health services in order to help keep governmental budgets within limits, and inadequate understanding about home medical care. Nearly one-sixth of the families in the United States today were formed since World War II.

- 1/ Prepared by E. J. Niederfrank, and Helen L. Johnston of U.S. Public Health Service, for the Home Demonstration Conference on "Strengthening Homes in the Emergency" Washington, D. C. April 1951. The purpose of this short statement was to point out some ideas and suggestions for including health education in Home Demonstration work to help meet the needs of defense. The ideas and suggestions mentioned are of over-all nature for the home demonstrations program as a whole in all the States, rather than being designed particularly for the State extension health education project, which are found in about one-third of the States.
- 2/ Dr. Leonard L. Scheele, Surgeon General, U. S. Public Health Service.

Good health is a family concern. It is as important for men as for women and children, because when the breadwinner of the family goes down, the security of the entire family is jeopardized. The man of the house should also be concerned about the health of the other members of the family. For when their health is affected, it affects him in various ways, including his pocketbook. Facts and experience show that men are more subject to illness and more neglectful of medical care than women. Chronic diseases, such as cancer and heart disabilities, strike men more frequently than women. In 1950 more men died of cancer than women. Good health or poor health affects persons, families, and communities. These are times when we cannot afford to risk the above hazards and problems.

Suggested Points of Emphasis

1. Stress appreciation of the importance of good health. The first essential to health maintenance and improvement is a health consciousness. Help stimulate it - in men, women, and youth. Help plan for it in agriculture and 4-H programs as well as in home demonstration work.
2. Stress preventive individual and family health practices - good nutrition, physical check-ups, immunization, and prompt medical attention as needed. Teach good home medical care. Promote and teach farm and home safety.

Our main emphasis must be on keeping well. Stress those things that each family and community can do for itself.

Especially, point up the health aspect in all extension programs that relate to it. Various extension programs contribute to health in one way or another - nutrition, sanitation, animal disease control, farm labor education, operation of machinery, family-community life and recreation. Point out the health objective in all these, at the same time that other objectives are included.

3. Encourage people to make the best use of already-available resources, and to plan ahead what they might do in case of accident, sudden illness, or other emergency.
4. Promote and protect the good health of the community - school health, sanitation, promote attention to and protection of other persons from contagious diseases to prevent epidemics, secure good water and milk, popularize public health regulations, help people know about new or proposed legislation affecting health.
5. Help rural people keep informed about emergency Civil Defense programs and special protective measures, and to do their part on such programs as blood bank, blood typing, first aid, home nursing, and recruitment of medical aids.

The main thing is to keep well - all members of the family. This means the right food properly prepared, timely and proper care of minor illnesses, adequate medical attention as soon as needed, carefulness to prevent accidents, and protection for defense emergency.

Some Specific Suggestions For Doing The Job

Below are a list of more specific suggestions as to methods or activities. Some may be primarily for the State level, others county home demonstration councils and individual Home Demonstration clubs can use in one way or another.

1. Publication and distribution of a short bulletin, such as Nebraska's "Health on the Home Front". Extension Circular 1023. 1942.
2. Promote emphasis on health in Home Demonstration Club Yearbook plans, include one or more meetings devoted to it entirely.
3. Stimulate and improve school lunch programs.
4. Annual physical check-ups of family members.
5. Sanitation check-ups on farmsteads; rodent control.
6. Include Brucellosis eradication program in Home Demonstration program. This is vital to both maximum production as well as to family health.
7. Have a meeting on how families can get the most health service from available resources in community. Use local personnel to help with meetings, such as the doctor or public health nurse.
8. Sponsorship and participation in community health programs, such as cancer detection, Chest x-Rays, immunization of children, sodium-fluoride dental program, Civil Defense - Red Cross programs.
9. Use scorecard or checksheet on dietary practices, personal and family health practices and medical care.
10. Have some demonstrations on health - home pasturization, clean well water, physical check-up, care in case of cold, selecting meal in cafeteria.

11. Stimulate and assist 4-H club health projects and activities.
12. Feature health in the program of open meetings normally held when men are included. Plan on one or more such meetings during the year.
13. Make sure that health considerations are brought into the agricultural and 4-H club program planning.
14. Get some recreation activities - in home, club, and community.

* * * * *

* I believe in the training of my HEALTH for the *
* strength it will give me to enjoy life, to resist *
* disease, and to work efficiently. - - From the 4-H Creed *

* * * * *